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MP Soldier races to win Anaconda Ten-Miler

By Spc. Steven J. Schneider
Staff writer

More than 1,300 runners gathered for the second annual LSA Anaconda Ten-Miler Oct. 24.

The race is shadow of the annual Army Ten-Miler in Washington D.C., and video of the event was shown at the D.C. 10-miler.

The two races have an informal link.

"The Ten-Miler is a tradition in the Army," said Maj. Willie Rios, Anaconda Ten-miler committee chairman. "We just wanted to bring that tradition here."

The six months of preparation all came together when Soldiers, Marines, Airmen and civilians came from all around Iraq to participate in the race.

Cpl. Curtis Persinger, 1103rd Military Police Battalion, from Camp Babylon, won the race with a time of 56 minutes, 2 seconds.

Marine Capt. Edna Rodriguez, Multi-National Corps-Iraq, Camp Victory, took

first place in the female category in 1:15:02.

"How many people can say they ran 10 miles in a war zone," asked Brig. Gen. James Chambers, 13th COSCOM commander, before the race.

Extra precautions, such as adding bunkers along the route, were taken to ensure the runners' safety.

No attacks occurred during the run.

"The enemy cooperated today," Rios said.

Each runner who completed the course was given a commemorative medal for their efforts.

The top three in every age group, both male and female, received trophies.

The top five-person team and top relay team also received awards.

The awards are meant to mirror those given at the Army Ten-Miler, Rios said.

Rios has competed in Washington D.C. twice, and said there's a different feeling running here.

"It's just that much better here, to be able to run 10 miles in a combat environment," he said.



Photo by Staff Sgt. David E. Gillespie

Cpl. Curtis Persinger, 1103rd Military Police Battalion, from Camp Babylon, races in the second annual LSA Anaconda Ten-Miler Oct. 24. Persinger won the race with a time of 56 minutes, 2 seconds.

Penn. Ave. construction makes for safer street

By Pfc. Abel Trevino
Staff writer

Pennsylvania Avenue is undergoing a facelift geared at creating a more professional and safe street, complete with streetlights, palm trees and fencing for pedestrian safety.

"All the things we are adding on Pennsylvania Avenue are going to make life safer and more orderly for those here," said Maj. Steven Smith, executive officer for the garrison support unit, 852nd Rear Area Operations Center.

Three separate ongoing projects are tying into to the overall goal, which is to create a Pennsylvania Avenue that will improve the quality of life for Soldiers, stated Lt. Col. Eddie Patterson, Director of Public Works.

The first of the projects is a fence line that will run three miles up and down Pennsylvania Avenue, and on several side streets as well, Patterson said.

Yellow and white poles line

the northbound side of Pennsylvania Avenue, from Sustainer Circle to Engineer Circle. A five-inch cable will run through the poles to prevent people from driving where they're not supposed to, Patterson added.

"The fence is being put up to keep Soldiers on the sidewalk and crosswalks and keep them out of irrigation ditches," Smith said.

The plans also include improvements for pedestrian traffic, with the possibilities open for

sidewalk and crosswalk gates in the future, Patterson said.

The work on the fence is expected to be complete by Nov. 15.

With the safety of the Soldier in mind, the existing light poles are being renovated.

"We're also currently refurbishing [light] poles and [lighting] receptacles," Patterson said. "Elements are being installed that will come on at dark and turn off at dusk."

The improved lighting will enable drivers to see better at night, Smith said.

"[The lights] will provide just enough light to see the street, while [remaining within] security measures of visibility [from outside the perimeter]," Smith said.

Some of the existing light receptacles are capable of working, Smith said, but it is a matter of keeping electricity going to them.

The work on streetlights is slated to be complete by Dec. 15.

The third aspect of the development of Pennsylvania Avenue is a dust abatement and beautification project.

"We are bringing in 325 palm trees and about 1,200 miscellaneous shrubs," Patterson said.

The sides of the Pennsylvania Avenue are already showing the results of hydroseeding. People can see actual grass is growing along the shoulder of the roads.

"We're putting in dust abatement type of foliage, grass that needs little water to maintain," Smith said.

All of the plants being used in this project are native Iraqi plants from local nurseries, and a majority of the work is being done through local contractors.

"At any given time between these three projects, there are about 70 [local national] employees working," Patterson said.

The eventual goal of the improvements on Pennsylvania goes beyond the scope of Soldiers stationed here and is preparing the post for eventual transfer to the Iraqi government, Smith said.

Other improvements for the avenue include translating and replacing existing signs to read in both English and Arabic.



Photo by Pfc. Abel Trevino

A Soldier walks down the sidewalk on Pennsylvania Avenue where construction workers have recently placed fencing along the sidewalk for pedestrian safety. Workers have also improved the lighting of the street and planted grass to cut down on the dust.

Dining facilities enforce uniform policies

By Sgt. Ann Venturato
Assistant editor

The dining facility staff here are cracking down on service members and civilians who come to the dining facility wearing inappropriate attire.

Service members will be at the doors to catch uniform infractions as well as making sure that weapons are properly cleared prior to entering the facilities.

The job of the staff outside the door is to stop uniform violators before they enter the dining facility and turn them around until the person has fixed the uniform violation.

"As of Oct. 18, we will be really cracking down on the mixture of the physical training uniform," said Sgt. 1st Class Robin Pugh, shift NCOIC for Dining Facility 1, "Civilians especially aren't allowed to wear gray army PT shirts with jeans or something along that line."

Pugh said that the post exchange here is helping out by not authorizing civilians to purchase military apparel.

Non-military personnel must have their identification cards visible at all times, Pugh added.

The staff will make on the spot corrections on people who aren't wearing socks in the mess hall. Service members know what color of socks are authorized to wear with PT uniform.

Pugh said in the last month or so he caught five or six people a day who weren't wearing socks, and those numbers are down to about one or two people a day who are sockless.

If a person without socks makes it inside the door past the guards, Pugh said he usually allow them to eat their chow but lets them know that they are wrong.

Besides socks, the staff is on the look out for people trying to enter the building wearing filthy clothes.

"We are really starting to crack down on the cleanliness of clothes. We can't allow filthy uniforms or filthy clothes to come into our clean environment," Pugh said.

If someone makes it past the guards wearing filthy clothes and Pugh spots them, he said he usually tells them that they have to fix a plate to go and leave the dining facility.

If they are caught at the door, they are told to go around back and get a plate to go, Pugh added.

Besides clothing, another thing for service members to be aware of is that no hats are allowed on the tables.

"A hat can contain hair, lice, dandruff and out here you can even have sand fleas. I am not really worried about you sitting there eating, it is when you leave and you take your hat with you. All that stuff is still at the table and the next person comes to sit down to eat and ends up getting all that



Dining facilities staff here will be watching Soldiers to ensure weapons are properly cleared.

stuff in their food," Pugh said.

Soldiers also need to be concerned about weapons safety at all times. Weapons need to be placed flat on the floor while service members are eating. The dining facilities personnel are catching service members who are not clearing their weapon properly in the clearing barrels.

The Soldiers don't stop to put their barrel of their weapon into the clearing barrel, Pugh said.

The service members just walk by and clear it by aiming in the general direction

of the barrels.

"We've had five rounds go off out here in the last three months. We have found two rounds lying on the ground this week outside the clearing barrels. Which means there was a round in the chamber and they ejected one out and apparently they didn't know it was there because they didn't pick it up," Pugh added.

Pugh said the enforcement of the policy is to ensure service members and civilians can enjoy a meal at a clean and safe mess hall.

Army, Air Force join forces in ammunition supply

By Spc. Steven J. Schneider
Staff writer

The Army and Air Force ammunition supply points here have combined forces to share storage space and supply their customers as efficiently as possible.

"Different services munitions' stored together in a theater of war has never happened before," said Capt. Cedar Lanmon, 319th Corps Support Battalion munitions officer.

The change came about when both Army and Air Force supply points were struggling to find space to store different types of ammunition.

Luckily both entities had space for the ammunition the other didn't.

By combining supply points, they were able to save

both time and money because the other option was having another supply point off camp, Lanmon said.

"It's taking advantage of all resources available to all entities here, so we can service each other better," said Maj. Brian McMurry, 319th CSB support operations officer.

Although the Army and Air Force continue to supply their own customers with munitions because each group has people who specialize in unique needs, they work together to provide the quickest and best help possible, McMurry said.

When the process became combined July 13, it was often taking two to three hours to supply incoming units with ammunition needs, but the ASP has been able to bring the time down to about 40 minutes, Lanmon said.

Lanmon said they have been listening to customer's suggestions and now have an appointment process that

has really helped speed things up.

Now, the supply points can have the products needed ready to be loaded onto the customers trucks as soon as the trucks arrive.

A Joint Munitions Supply Activity Administration Complex will soon act as a one-stop-spot for anyone in theaters munitions needs.

"All munitions and explosives come through this hub (LSA Anaconda)," Lanmon said. "Customers come here to get their munitions needs."

This supply point is the first of its kind, but McMurry said it won't be the last.

"I think you'll see more of this in the future," he said. "People will look back at OIF 2 and say 'look they did it.' We're taking a step toward the military of the future."

Contact 13th COSCOM at 302-529-8433 or 302-529-8491 for more information or to make munitions requests.

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Voting is worth fighting for

By Staff Sgt. Jeff Troth
Army News Service

FORT RICHARDSON, Alaska — On Nov. 2 Americans will decide who will be the President of the United States. That same week, halfway around the world, the final results of another presidential election should be known.

Almost 10 million Afghanistan citizens participated in that country's first presidential election Oct. 9. After the voting was complete, the ballots were taken to the capitol, Kabul, by road, air and donkey. There the tedious process of counting the ballots by hand began.

"To see the condition they are in and we are in makes you appreciate what our forefathers did," said 2nd Lt. John Campbell, 2nd platoon leader, Company B, 1st Battalion, 501st Airborne Task Force. "It was sheer genius of our forefathers to come up with checks and balance, a system where each person has a say in their government."

For Campbell, the Afghan presidential election has a special meaning.

During his tour in Afghanistan, one task his platoon had was to keep the Taliban and al Qaeda militants in check at the Khowst province voter registration sites.

"Most of the sites didn't have any issues," Campbell said. "Some of the sites had Taliban or anti-coalition militia activity in the area prior to the voter registration."

In the Khowst area, as throughout Afghanistan, there were "night letters" dropped off containing threats against anyone who works for the election process. But, the Afghan people would not let themselves be deprived of the

chance to finally have a say in their government.

Upon his return to Alaska, Campbell and other 501st Airborne TF "Geronimos" did what they enabled Afghans to do. Campbell, with the help of the Fort Richardson Federal Voting Assistance Program, registered to vote in the upcoming U.S. presidential elections.

"As Americans, especially as American Soldiers, we have the freedom of choice. To choose to vote or not to," Campbell stated. "That is what we (the U.S. military) are fighting for, not only in Afghanistan, Iraq and other countries, but also here in the United States."

Campbell added that he thought it was sad that with all that our military is doing to help other countries find their voice, there are still those in this country who choose not to vote, not to have a voice in their country.

It is especially sad when you look at what Afghans are enduring for that same right.

In the Central Highlands of the country, voters arrived at a voting station at 3 a.m., in cold temperatures and a foot of snow, they waited for almost four hours for the station to open.

At other voting sites people waited in lines 2.5 kilometers long to make their voice heard.

Women of Konduz refused to move when a rocket landed 200 meters from where they were waiting to vote. To leave, they said, would mean the rockets, and the people who fired them, would win. These women would defeat them by staying and voting.

Abraham Lincoln, almost a century and a half ago, had the same thoughts when he said "the ballot is stronger than the bullet."

The *Anaconda Times* has a dedicated Web site containing the current and past issues at www.mnf-iraq.com/coalition-news/publications/anaconda.htm



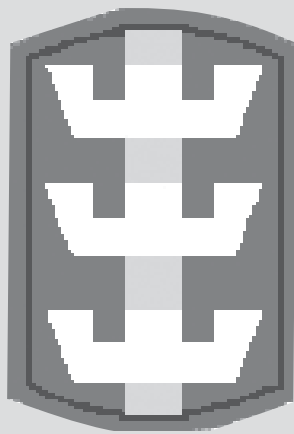
Pvt. Murphy's Law



ARMY OF ME

by Aaron Thacker
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Left Shoulder Diary

130th Engineer Brigade

Compiled from
Unit History

The 130th Engineer Brigade shoulder sleeve insignia is characterized by a scarlet oblong shield, arched at the top and base, with a vertical bar throughout, three white horizontal tower embattlements, each with three merlons. A scarlet border surrounds the insignia.

Scarlet and white are the colors used to symbolize engineer organizations. The bar refers to a lever, support or a measuring device to represent engineering and the embattlements denote the military aspects of the brigade. The shoulder sleeve was authorized for the 130th Eng. Bde. On Sep. 23, 1969.

The 130th Engineer Brigade provides mobility, survivability, construction, topographic and other engineering in support of V Corps through the European and Central Command theaters.

Originally constituted on May 5, 1943 as the 1303rd Engineer General Service Regiment out of Camp Ellis Ill., the regiment played an important role during World War II for campaigns in Normandy, France, Rhineland, Ardennes-Alsace, Central Europe and the Asian-Pacific Theater.

The regiment was divided up on July 8, 1955, and the unit itself was redesignated as Headquarters and Headquarters Company, 130th Engineer Aviation Brigade, located in Japan.

The unit was inactivated until June 16, 1969, when it was reactivated as Headquarters and Headquarters Company, 130th Engineer Brigade in Hanau, Germany.

The brigade remained unchanged until 1990, during Operations Desert Shield and Storm, when it acquired three additional Engineer battalions.

Elements of the 130th Eng. Bde. deployed to Southwest Asia in Jan. 1991.

In Feb. 1991, during Operation Desert Storm, the 1457th Engineer Battalion, Utah National Guard, deployed to Germany and was assigned to the 130th Eng. Bde. to provide combat engineer support.

In June and July 1992, three more units were assigned to the 130th Eng. Bde. command.

In Oct. 1995, the troops deployed to Grafenwoehr, Germany for training and a deployment to Bosnia-Herzegovina. Between Dec. 1995 and Jan. 1996, all units except the 320th Engineer Company (Topographic) deployed to Bosnia-Herzegovina in support of Operation Joint Endeavor.

Currently, elements of the 130th Eng. Bde. are on their second deployment to Iraq at LSA Anaconda, repairing and constructing bridges throughout the theater.

Civilian of the Week

Jerry Hoyle, Humvee Technician for Rock Island Arsenal and the HMMWV Support Center here, is on his second rotation here.

"I was here last fall for my first four-month tour," the 54-year old Rock Island, Ill. native said. "The [company] asked for volunteers and I thought it was a chance to contribute something."

On this tour, which Hoyle started on Aug. 18, he knew his efforts were going to be toward installing armor, air conditioning and bulletproof windshields for Humvees, so he jumped on the opportunity.

"It's kind of nice to stand on the curb and see a Humvee go by with armor," Hoyle said.

Hoyle feels the work he does makes a difference in the lives of Soldiers and is something not everyone can do.

"It's very good experience. I'm glad to get the opportunity to come over here," he said. "At 54 years old, you don't get a lot of chances to do this stuff."

Hoyle's interest in his job is fed by the daily challenges he persists.

"The most difficult part is finding parts for everything. I just have to keep looking and scrounging," Hoyle said. "But it's getting better everyday."

Hoyle believes that any job worth doing is worth doing right and takes pride in a job well done. For him, that's reward enough.

"I've got one [vehicle] here that's not running, it's the (air conditioning). I just figured out how to fix it, it's a nice [feeling]," Hoyle said.

Although Hoyle does find that his job is rewarding, he misses his girlfriend back home.

"I miss her, but I'll be home in December," he said.

Hoyle is making a difference in the lives of Soldiers by installing armor, necessary to protecting vehicles



Jerry Hoyle

from small arms and improvised explosive devices attacks. He comes in and out of theater on four-month rotations, but during those four months he tries to make a difference in the safety of the troops.

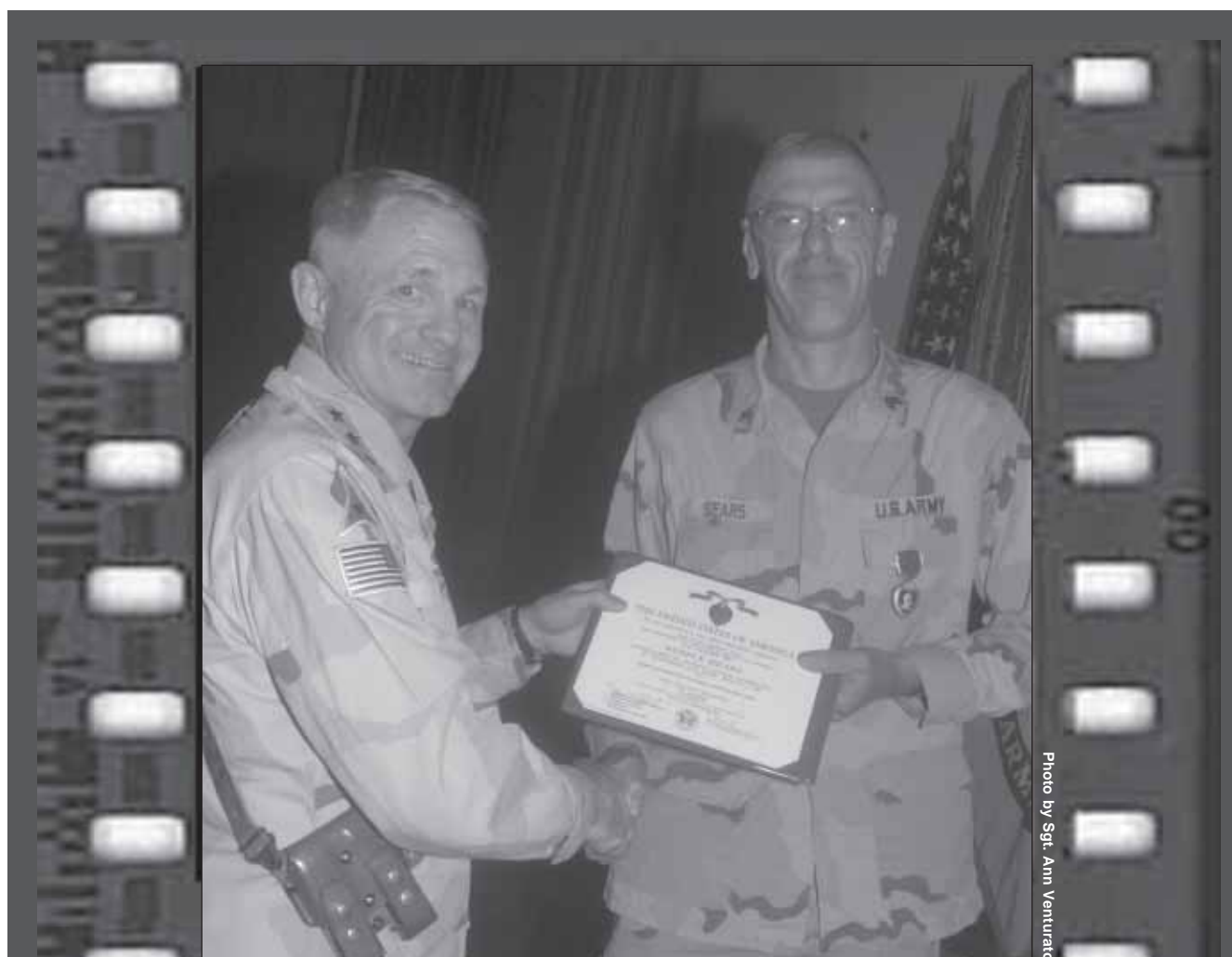


Photo by Sgt. Ann Venturato

Badge of military merit

Lt. Gen. Thomas Metz, commanding general Multi-National Corps-Iraq and III Corps, presents Sgt. Gregory Sears, 744th Transportation Company, with a purple heart at a ceremony at the Sustainer Indoor Theater Oct. 26.

Baghdad Island theme park under reconstruction

By Sgt. Dan Purcell
122nd Mobile Public
Affairs Detachment

CAMP TAJI, Baghdad, Iraq – It's not Disneyland, but in its heyday it could boast no other rival in Iraq – Baghdad Island, once the premiere amusement park in Iraq, is being revived.

The foundation for the island was laid in 1979 and completed in 1982. It encompasses two million square meters (about three kilometers long by one kilometer at its widest point) and daily attendance averaged from 5,000 to 6,000 people, but during holidays and special days could peak around 50,000 to 100,000 said Nasser Murad, Baghdad Island project restoration director.

"The park was open until the beginning of the last war in 2003. Prior to that it was the largest theme park in Baghdad and the whole of Iraq ... and conceivably, even the Middle East," Murad said. Since its closure, the island has fallen into a general state of disrepair much of which was caused by looting.

"Our main goal now is to restore the island and open it to the people again," explained Murad. "To achieve this goal, we are approaching it in two ways. First, we are asking for help from the [multinational forces] through their civil affairs teams. Secondly, we are receiving assistance from the Ministry of Tourism and Culture, which is in charge of this project."

"We got started here when we saw them working on a project to bring the island back," Maj. Charles Anderson, team leader, Company C, 478th Civil Affairs Battalion, 3rd Battalion, 153rd Infantry attached. "We met with the director here, and one of the key things he did was show us some videos of the

park from the past. They really opened our eyes to what this park is all about, the crowds of people, the attractions and landscaped gardens."

Due to the width and breath of the restoration project, the short-term plan is to have a partial opening to the public within the next year so that people will have a place to go and enjoy themselves. The revenue will help generate funding to complete the restoration one phase at a time.

"This isn't just a place for families, but a place for young men and women to come and hangout," one Iraqi said. "It's a place for school field trips. The people of Iraq have a history of coming to the island, many even got married here." According to Murad, in addition to receiving help from the Coalition Forces the Ministry of Tourism and Culture has authorized funding for five new projects at the park.

"The more we commit to do, the more the ministry is willing to help," explained Anderson. "For example, we just completed the children's theater and the ministry is going to install a projector system ... it's like a partnership, matching effort for effort. Neither of us has the funding for the entire project because it's very expensive."

The problem, as Anderson sees it, is that with most money being diverted to address infrastructure repairs in Baghdad, the island project has become a work in progress.

"It's a fantasy to think that we can do this project all at one time like we want to. So we are doing our infrastructure, road, schools and these projects here altogether," Anderson cited. "That's why getting this park going will take time because we have to do it in phases."

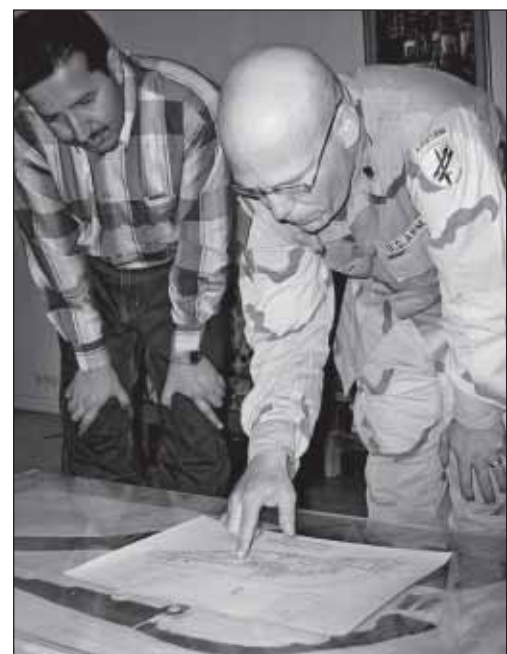
In addition to the financial help received from multinational forces and

the ministry, public support has also been forthcoming.

"The public has been generally supportive. We have volunteers tearing down walls, put up by the [multinational forces] when they temporarily occupied this area after the war, and hauling the material away," Murad said.

When the park, located along the banks of the Tigris River, is completed it will sport the most modern rides that can be found worldwide. Included is a hotel and a lake with boats to name a few of the attractions.

"Currently, we have completed a sewage system project, installed a children's theater and are working on an athletic center. We are also about to start putting in a swimming pool," Anderson said detailing some of the ongoing projects. "There are many more projects in the planning because it's a huge facility, but this is a good start in the right direction to bring this island back to its original state."



Nasser Murad, the Baghdad Island project restoration director and Maj. Charles Andersen, a team leader with the 478th Civil Affairs Battalion, discuss ongoing renovations at Baghdad Island.



While laying cement for the athletic center at Baghdad Island, a local employee removes dirt the old-fashioned way. Currently undergoing a project restoration, Baghdad Island employs local Iraqis to help with restoration efforts.



Photos by Sgt. Dan Purcell

Multi-National Force Soldiers working in concert with the Ministry of Tourism and Culture take time to assess the current condition of Baghdad Island. The amusement park, which once boasted lush gardens and a five-star hotel and restaurant, is being revived for the benefit of the Iraqi people.

MP receives eight years for Abu Gharaib prison abuse

By Kelli R. Petermeyer
Army News Service

WASHINGTON — Staff Sgt. Ivan L. Frederick II was sentenced Oct. 21 to eight years in prison after pleading guilty on eight specifications involving mistreatment of detainees at Abu Ghraib.

Frederick, a member of the 372nd Military Police Company, will also receive a dishonorable discharge and a reduction in rank to private.

Frederick was found guilty of one specification of conspiracy to maltreat detainees, one specification of dereliction of duty for failure to protect detainees from maltreatment, four specifications of maltreatment of detainees, one specification of assaulting a detainee and one specification of committing an indecent act.

Frederick said he worked in a state prison in Virginia, and they had regulations covering anything from emergencies to abuse.

He was put in charge of a section at Abu Ghraib because of his previous experience.

He noticed detainees naked and handcuffed after his first day at Abu Ghraib, Frederick said. He asked for manuals outlining standard operating procedures and Army regulations, he said, but was told they did not exist.

"I didn't think anybody cared about what we did," Frederick said.

Frederick received little guidance and no visits from his brigade and battalion commanders, he said.

"I just didn't have the courage to stop it," he said. "I knew what was going on was wrong. I knew my duty was to report it, but I chose not to."

Frederick's wife, Martha Ann Frederick, testified in the sentencing phase of the trial.

"The things he's accused of are not in his nature," Martha said. "He's very dedicated to his family, his job and to the military."

"Whatever the judge does to him, it not only reflects on him, but on his family. He is a good person, not some rogue Soldier or a bad apple."

Six other military policemen have been charged along with Frederick, the most senior of the Soldiers charged.

Spc. Jeremy Sivits pleaded guilty to three abuse charges and was sentenced in May to a maximum of one year in prison, a bad conduct discharge and a reduction in rank.

The motions hearing for Cpl. Charles A. Graner Jr. ended Oct. 22. The next court date is set for Dec. 3, and the trial is scheduled to begin Jan. 7 in Baghdad.

The motions hearing for Sgt. Javal Davis began Oct. 22.

Pfc. Lynndie R. England faces 19 charges in the abuse case and is scheduled for a motions hearing in December and trial in January.

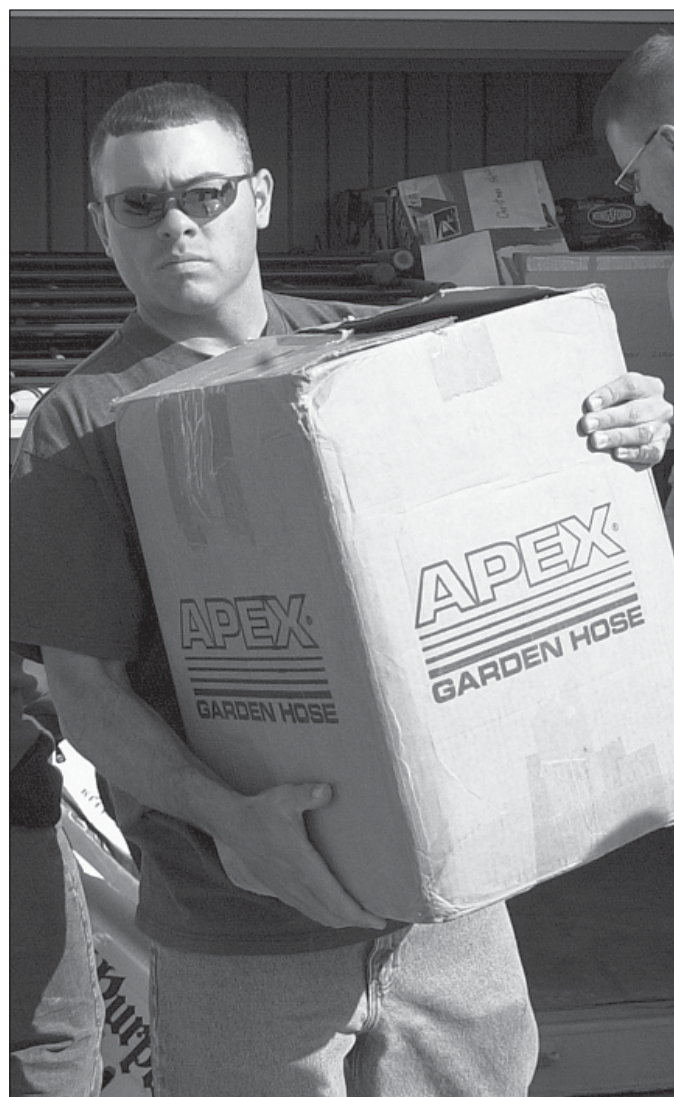
(Editor's note: Information taken from a Coalition Press Information Center release and media pool reports.)



Photos by Senior Airman Matthew Rosine
Chief Master Sgt. Chuck Nail arrives at a children's home in Uzbekistan. Chief Nail was one of a dozen Airmen and Soldiers who visited the school, bringing school supplies, clothes and toys for the children.

Troops bring smiles to Uzbekistan kids

By Senior Airman Matthew Rosine
416th Air Expeditionary Group PA



Staff Sgt. Jason Morris helps load school supplies and gifts for a local Uzbekistan children's home here. He is assigned to the 16th (AEG) at nearby Karshi-Khanabad.

KARSHI-KHANABAD AIR BASE, Uzbekistan — After cruising through the gates of a Karshi City orphanage, Airmen and Soldiers from here stepped out of their convoy vehicles.

They were deployed on a special mission: to bring smiles and a bit of joy into the lives of the children who live there.

The "house of mercy" is a home for orphans and poor children whose families are unable to take proper care of them.

"It means a lot to me to do this," said Staff Sgt. Jason Morris, of the 416th Air Expeditionary Group's civil engineer flight. "I've seen things like this on TV, and I thought this would be a great opportunity to put a smile on the faces of these kids."

The Airmen and Soldiers were loaded with a wide array of personal and school supplies, such as pencils, paper and clothes.

They also took some toys and games for the children to play with. After passing out the tokens, the service members began spending a little quality time with each child.

"We are so glad to see the Americans visit us," said Gulsara Rahmanouna, the home's director. "So many of our children have fathers or mothers [who] can't take care of them, and the children spend so much time always waiting for their parents to come and visit. Unfortunately, they usually don't have the means to visit, and this is very difficult for the children. Just taking the time to come here and visit our children means so much. They make our children so happy."

The service members spent several hours taking pictures, laughing, playing soccer and reading stories.

Submarine brings undersea warfare change

By Chief Journalist
Mark O. Piggott,
*Commander, Submarine Force,
U.S. Atlantic Fleet Public Affairs*

NORFOLK, Va — The first nuclear-powered Virginia-class fast-attack submarine, USS *Virginia* (SSN 774), was commissioned Oct. 23 at Norfolk Naval Station.

Commander, Naval Submarine Forces, Vice Adm. Charles L. Munns gave the order to commission the ship.

"Capt. Kern, you and your men have much to be proud of, but also more work to do," Munns said. "You must steer *Virginia* around this dangerous and uncertain world. Guard her stealth, use her endurance, harvest her sensors, and make ready her firepower. I expect you to dominate any assignment from open ocean to the contested littorals."

Virginia is the ninth U.S. naval vessel to be named for the "Old Dominion."

The Virginia-class submarine is the Navy's first delivered major combatant designed with the post-Cold War security environment in mind. She embodies the warfighting and operational capabilities required to dominate the littorals while maintaining undersea dominance in the open ocean.

Virginia Gov. Mark Warner said he was



Photo by Journalist 2nd Class Christina M. Shaw

The crew of USS *Virginia* (SSN 774) man the ship during her commissioning ceremony. *Virginia* is the Navy's only major combatant to join the fleet that was designed with the post-Cold War security environment in mind.

proud to have the lead ship of the class named for the Commonwealth of Virginia.

"Virginia's support of the United States Navy goes back to the founding of our country when the first USS *Virginia* was commissioned in 1777," Warner said. "Virginia values its long-standing relationship with the Navy and is proud so

many vessels call the Commonwealth home."

"With new tools like the USS *Virginia* and other Virginia-class fast-attack submarines, this nation will continue to have the best equipped and best trained military in the world," he concluded.

Under an innovative agreement, General Dynamics Electric Boat is producing

the Virginia-class submarines as part of a team effort with Northrop Grumman Newport News.

Virginia has improved stealth, sophisticated surveillance capabilities and special warfare enhancements that enable it to meet the Navy's multimission requirements.

With a modular design, the Virginia-class will be able to accommodate technology upgrades throughout the life of the class.

Chief of Naval Operations Adm. Vern Clark said the submarine, and the men who sail on her, will take the battle to the enemy with stealth, endurance and agility.

"We need this submarine and its capabilities at sea," Clark said. "*Virginia* is designed to take care of and defeat the enemies of the 21st century."

"She will bring her greatest capability - her stealth - into the warfighting calculus in a way that will tremendously complicate life for our future and potential enemies and greatly enhance our own warfighting capabilities," he added.

Virginia is 377 feet in length, has a waterline beam of 34 feet, a navigational draft of 32 feet, displaces approximately 7,800 tons submerged, can dive to depths greater than 800 feet, and can sustain speeds of more than 25 knots when submerged.

Unit helps train new Iraqi Army

By Sgt. 1st Class
Tammy M. Jarrett
Army News Service

WASHINGTON — The Army Reserve's 98th Division (Institutional Training) has a new mission -- training the new Iraqi Army.

The 98th Div.'s commanding general, Maj. Gen. Bruce Robinson, shared how the division plans to execute the new mission during a Pentagon media roundtable Oct. 21.

The 98th Div. will operate under the Multi-National Security Transition Command-Iraq, primarily training the trainer of the new Iraq army through individualized training at the basic combat training level and military skills.

The division will provide a unit-base solution for training to help the Iraqi force be able to provide their own security and defense of Iraq. The training is designed to be able to train, primarily the leadership, to take over their own military training.

"Our overall goal will be to take and build the Iraqi noncommissioned officer corps and officer corps so that they will understand the responsibilities and roles of junior officers as well as the noncommissioned officers and they will then assume the of training the Iraqi forces," Robinson said.

To prepare for the upcoming training venture, 98th Div. Soldiers must first complete some intense training of their own, ranging from one to six weeks, depending on the job they will be doing in their area of responsibility.

Robinson said Soldiers identified for the advisory support teams will go through five to six weeks of intense maneuver, convoy operations and train-the-trainer training at Camp Allberry, Ind.

Soldiers assigned to support staff or logistics operations will go through one or two weeks of training at Fort Bliss.

All Soldiers will be certified prior to deployment and will receive an additional five to seven

days of training once in country. The mission at that time is to provide advisory assistance to the Iraqi armed forces, Robinson said.

It will be in the form of leadership development and mentorship, and military occupational skills as needs of the Iraqi army dictates.

Some Soldiers are already in country with the remaining schedule to arrive in late November or early December.

Headed by Brig. Gen. Richard Sherlock, the assistant division commander for operations, the 700-plus Soldiers will set up a headquarters staff. Officers and NCOs will then be augmented into the current Iraqi forces and began training the Iraqi army. Overtime units will be built, trained, equipped, and tested through different operational exercises.

The 98th Div. Soldiers will provide training for one year and then if necessary, turn the mission over to the 80th Division (Institutional Training) headquartered in Richmond, Va.

Marines win decisive battle with insurgents

By Cpl. Randy Bernard
1st Marine Division

HIT, Iraq — Marines from Scout Sniper Platoon, Headquarters and Support Company, 1st Battalion, 23rd Marine Regiment, Regimental Combat Team 7, won a decisive battle against a heavy insurgent threat recently.

The snipers were called to action after they received reports that hundreds of heavily armed insurgents, dressed in black garb, were occupying the city.

"We are the eyes, ears and trigger finger for the battalion commander," said Sgt. Herbert B. Hancock, the chief scout sniper for the platoon. "Anything that he sees as a threat, we are sent out to check up on."

The snipers were the first Marines to enter the city and observe the threat. Once the snipers had located the insurgents and established positions to assess the situation, the snipers realized just how right the reports had been.

"They were all out in the open doing whatever they wanted to," said Hancock, 35, a native of Bryan, Texas. "They were in control of that side of the city, rerouting traffic, threatening to kill people and terrorizing people."

The Marines proved themselves as valuable assets to the battalion.

"We showed how (a handful of) guys basically eliminated a whole platoon," said Johnson, 24, a native of Woodlands, Texas. "We have proven that snipers are cost effective with lives and rounds. There are no substitutes for snipers on the battlefield." The snipers made it out of the fighting with only minor injuries.



Photo by Spc. Leah R. Burton
Spc. Jeffrey Gibbs, 3625th Maintenance Company sprints the last few yards to the finish line.



Photo by Sgt. Annette B. Andrews
More than 1,300 runners hit the bunker-lined streets of LSA Anaconda, during Sunday's shadow run of the Army Ten-Miler Oct. 24.

FASTER THAN A SPEEDING BULLET



Photo by Spc. Steven J. Schneider
Sgt. Jim Cavanagh displays an American flag on his shirt with the motto "We will do what it takes" as he runs in Army 10-Miler here.

By Spc. Leah R. Burton
Staff writer

The day started out hazy and cool, as runners stretched their muscles in preparation for the 2nd Annual LSA Anaconda Ten-Miler.

About 1,300 participants piled into the LSA Anaconda stadium Oct. 24, to take part in a deployed version of the Army's traditional 10-mile run that takes place in Washington, D.C.

All the runners had their own personal goals that they wanted to accomplish during the run. Some had their eyes on the prize, wanting to take home one of the crystalline trophies. Some wanted to exceed their own best times. Still others just wanted to finish and be able to say that they ran 10 miles in a combat zone in Iraq.

One competitor who came in search of the win was Cpl. Curtis Persinger, 1103rd Military Police Battalion from Camp Babylon.

Persinger convinced his commander to send him to LSA Anaconda for the race.

"I said, 'If you can get me up there, I can win this thing.' Once I told him face

to face, he was convinced I could win," Persinger said.

He told his friends in his unit that he would bring home the win, and that's exactly what he did.

"I wanted to make sure none of the Air Force or Marines got the win," Persinger said. "I wanted the Army to take home the win, because it's the Army Ten-miler."

The 23-year-old avid runner and member of the University of Louisville's track and field team found out about the Anaconda Ten-miler two weeks prior to the race. In preparation, he ran between five and eight miles a day.

"I've been trying to put in as many miles as I could, but there's not much you can do in two weeks to prepare to run 10 miles," Persinger said.

Decked out in his Superman T-shirt and physical training uniform shorts, Persinger not only finished the race, he came in first place at 56 minutes, 2 seconds.

"I wanted to stand out," Persinger said about his Superman shirt. "It's part of my personality.

Short of a little muscular soreness, Persinger is on cloud nine.

"It felt good," Persinger said. "There's

not too many people who can say they ran 10 miles in Iraq."

In a twist of irony, Marine Capt. Edna Rodriguez, Multi-National Corps-Iraq, took first place for the female category, coming in at 1:15:02.

Rodriguez has been running for 10 years and began as a swimmer at the U.S. Naval Academy.

"Being a good swimmer doesn't really correlate to being a good runner, so I had to work hard at it," Rodriguez said.

Her hard work and determination paid off, and brought her an unexpected trophy.

"It's been three races that I've run so far in Iraq. I've been placing in the top second or third, so I didn't come here expecting to win," Rodriguez said.

During the whole run, Rodriguez kept coaxing herself to run faster, and as her adrenaline pumped, she drifted in front of the crowd.

"In practice, I ran it in 1:20. My goal was to cut five minutes off my time," she said.

She did that and more. "I'm really happy about that. I feel really great. I enjoyed my run, and I've enjoyed all the people I've met here," Rodriguez said.



Photo by Pfc. Abel Trevino
Cpl. Curtis Persinger, 1103rd Military Police Battalion leads the Army 10-Miler hosted here Oct. 24. Persinger won the race with a time of 1:15:02.

Winner's circle

- 1st overall male -- Cpl. Curtis Persinger 56:02
- 1st overall female -- Capt. Edna Rodriguez 1:15:02
- 1st 29 and under female -- 1st Sgt. Miztania Villansenor 1:15:32
- 2nd 29 and under female -- Spc. Livia Berg 1:17:07
- 3rd 29 and under female -- Chief Warrant Officer Dawn Hanson 1:20:04
- 1st 29 and under male -- Sgt. Jeffrey Davis 1:06:43
- 2nd 29 and under male -- Sgt. Orlando Arzola 1:07:07
- 3rd 29 and under male -- Spc. Isaac Sargent 1:07:17
- 1st 30-39 female -- 1st Lt. Maria Johnson 1:16:16
- 2nd 30-39 female -- Staff Sgt. Kenya Spevey 1:19:17
- 3rd 30-39 female -- 1st Lt. Azurena Montenegro 1:26:39
- 1st 30-39 male -- Cpl. Mick Rimmer 1:06:49
- 2nd 30-39 male -- Capt. Rick Noyes 1:07:33
- 3rd 30-39 male -- Spc. Brad Owen 1:08:05
- 1st 40 and up female -- Sgt. 1st Class Dorothea Goodson 1:22:28
- 2nd 40 and up female -- Master Sgt. Brenda Hunt 1:28:59
- 3rd 40 and up female -- Sgt. 1st Class Joyce McNeil 1:30:49
- 1st 40 and up male -- Master Sgt. Donald Beavliev 1:06:45
- 2nd 40 and up male -- Sgt. Maj. Rob Erlich 1:07:31
- 3rd 40 and up male -- 1st Sgt. Timothy Wagley 1:09:02
- 1st relay -- 502nd Engineer 1:06:41
- 2nd relay -- Company B 84th Engineer 1:08:36
- 3rd relay -- 249th Engineer 1:10:02
- 1st Group -- 3rd Signal Brigade 1:07:07
- 2nd Group -- MNC-I C-8 1:07:31
- 3rd Group -- 172nd Corps Support Group 1:08:17

Movie Schedule

Sustainer Reel Time Theater

Daily Shows: 3 p.m., 6 p.m., and 9 p.m.
(schedule is subject to change)

Oct. 31

3 p.m. The Bourne Supremacy
6 p.m. Hero
9 p.m. Cookout

Nov. 1

3 p.m. Open Water
6 p.m. Cookout
9 p.m. The Manchurian Candidate

Nov. 2

3 p.m. Friday Night Lights
6 p.m. Suspect Zero
9 p.m. Collateral

Nov. 3

3 p.m. Cookout
6 p.m. The Village
9 p.m. Friday Night Lights

Nov. 4

3 p.m. Dodgeball
6 p.m. White Chicks
9 p.m. Hero

Nov. 5

3 p.m. Comics
6 p.m. Comics
9 p.m. Surviving Christmas

Nov. 6

3 p.m. Hidalgo
6 p.m. Surviving Christmas
9 p.m. Open Water

Surviving Christmas



Suspect Zero



Weekly Religious Schedule

Roman Catholic Mass

Saturday 7 p.m. Eden Chapel (bldg. 4148)
Sunday 8:30 a.m. 185th Task Force Tent
Sunday 10:30 a.m. Tuskegee Chapel
Sunday 11 a.m. Anaconda Provider Chapel
Monday 9 a.m. PPI Dining Facility
Monday 9 p.m. PPI Dining Facility
Friday 6:30 p.m. Air Force Hospital Chapel
Sacrament of Reconciliation
Friday 6 p.m. Air Force Hospital Chapel

Church of Christ

Sunday 11 a.m. 1/142nd Chapel Tent

Christian Orthodox

Saturday 7 p.m. 185th Task Force Tent
Sunday 11 a.m. 185th Task Force Tent

Protestant-Gospel

Sunday 11 a.m. Sustainer Indoor Theater
Sunday 7 p.m. Eden Chapel (bldg. 4148)

Lutheran

Sunday 8:30 a.m. Cherokee Chapel (bldg. 4002)
Sunday 2 p.m. 185th Task Force Tent

Protestant-Contemporary

Sunday 7 a.m. Sustainer Indoor Theater
Sunday 9 a.m. Tuskegee Chapel

Protestant-Traditional

Sunday 9 a.m. Eden Chapel (bldg. 4148)
Sunday 9:30 a.m. Anaconda Provider Chapel
Sunday 10:30 a.m. Air Force Hospital Chapel
Sunday 11 a.m. Eden Chapel (bldg. 4148)
Sunday 11 a.m. 185th Aviation Group Chapel

Protestant-Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 9:30 a.m. 185th Task Force Tent
Sunday 5:30 p.m. Tuskegee Chapel

Islamic Prayer

Friday 1:30 p.m. Anaconda Provider Chapel

Latter Day Saints

Sunday 1 p.m. Anaconda Provider Chapel
Sunday 7 p.m. Tuskegee Chapel

Jewish Prayer

Friday 6:30 p.m. Eden Chapel (bldg. 4148)

Movie Synopsis for Oct. 31 – Nov. 6

Suspect Zero

R, Crime, 99 min
Aaron Eckhart, Ben Kingsley, Carrie-Anne Moss

We meet Agent Thomas Mackelway on his first day of work at the Albuquerque field office of the FBI. Mackelway, wrestling with secrets and demons from his past, is plagued by headaches and feels that he is being watched. And in fact he is ... but by whom? Mackelway finds himself mysteriously drawn into a bizarre series of murders: the salesman from the diner found dead in his car on the deserted New Mexico border; a sixth grade teacher from Boulder, Co, discovered in an abandoned vehicle in the diner parking lot; and Mackelway's own personal nemesis, killed while attacking a young girl. Mackelway's former partner, Fran Kulok, who knows Mackelway's deepest secrets, is sent to Albuquerque to assist him on the case. Together, they set out to solve this lethal puzzle. The case becomes increasingly personal as Mackelway's determination turns to obsession.

Surviving Christmas

PG-13, Comedy, 91 min
Ben Affleck, James Gandolfini, Christina Applegate

Drew Latham decides to go back to his idyllic childhood home to spend the holidays with family. There is, however, one problem: the people living there now are not Drew's family. Drew has his mind set on an old-fashioned family Christmas. Offering them a small fortune, Drew bribes his newfound "parents" to let him spend Christmas in their home, pretending to be part of the family. When the Valcos begin to question if any amount of money is worth being dragged all over town on holiday excursions like Christmas shopping, their daughter Alicia comes home for the holidays, with no intention of adopting a new "brother."

Friday Night Lights

PG-13, Drama, 117 min
Billy Bob Thornton, Derek Luke, Lucas Black

Based on the best-selling book about high school football by H.G. Bissinger, "Friday Night Lights" chronicles the entire 1988 season of the Permian High Panthers of Odessa, Texas, with football players, coaches, mothers, fathers, pastors, boosters, fans and families struggling with ongoing personal conflicts while the team fights for a state championship.

A town for sale, Odessa, Texas has seen better days -- the financial bust evident in its boarded-up shops and broken lives. Yet one hope sustains the community where, once a week during the fall, the town and its dreams come alive beneath the dazzling and disorienting Friday night lights ... when the Permian High Panthers take to the field. In a city where economic uncertainty has eroded the spirit of its inhabitants, nearly everyone seeks comfort in the religion of the Friday night ritual.

Open Water

R, Drama, 79 min
Blanchard Ryan, Daniel Travis, Saul Stein

Independent filmmaker Chris Kentis directs the dramatic thriller Open Water, based on a true story. Susan (Blanchard Ryan) and Daniel (Daniel Travis) are a busy married couple on an island vacation. They board a vessel called the Reef Explorer with a group of other scuba divers, traveling 15 miles out to sea. Since they are certified to dive in open waters, the couple breaks off from the group to go exploring. The Reef Explorer accidentally leaves without a proper head count, leaving them stranded in shark-infested waters. Kentis and producer wife Laura Lau did all the filming themselves in the actual ocean without extraneous special effects.



Earth-based religions camped on LSA Anaconda

"Religious tolerance means to extend religious freedom to people of all religions, although you disagree with their beliefs or practices.

Religious freedom means to have the right: To believe, worship and witness as you wish; to change one's belief or religion; and to join with others to express one's beliefs."

From <http://www.religioustolerance.org>

By Sgt. Annette B. Andrews
Editor

Once upon a time there was an evil witch who lived at the edge of the forest and all the villagers feared her dark power; today those fables overshadow the Wiccan's right to freedom of religious practice here.

Neo-Paganism or Paganism is a religious and spiritual practice that encompasses a broad range of nature-based religions to include Wiccans, Druids, Shamans, Sacred Ecologists, Odinists and Heathens that have no relationship with Satanism.

Some groups take influences from a particular part of the world. The Heathen path follows ancient Scandinavian, Germanic and Anglo-Saxon belief systems. Other traditions are defined by elements of their practice. Wiccans practice magic in worship, Druids emphasize arts and philosophy and Shamans employ spirit-journeying for healing. A Pagan might combine a number of different elements: Magic, philosophy, art and healing.

They stress individual spiritual enlightenment and personal responsibility. The practice of Paganism is a voyage of self-discovery and the discovery of one's own place within the divine realm, according to Sgt. Eric A. Cooper, healer, herbalist and distinctive faith group leader of the local Pagans.

"We don't believe in a heaven or a hell," Cooper said of his earth-based belief. "There is no satan in my religion."

The group on LSA Anaconda call themselves the Desert Moon Grove; not a coven to avoid the negative



stigma attached to the word brought on by Hollywood stereotypical movies. A grove merely means a group of Pagans. The small grove of 18 filter in and out of the meeting area, after hours, for camaraderie and moral support said Cooper. They enjoy the unity in common beliefs, no different from other organized religions.

Pagans are not evil. They do not practice black magic and their practices do not involve harming people or animals, the leader said.

Witches have faith in the human mind having the power to effect change in ways that are not grasped by science. As well as honoring their deities in their rituals, witches perform spells for healing and to help people with general life problems. Magic is practiced according to an ethical code that teaches: Magic may only be performed to help people when it does not harm others. The members of the Desert Moon Grove believe whatever energy a person sends out returns threefold.

What outsiders refer to as white magic is practiced for positive or helpful purposes: spiritual development, healing, guidance, safety and such. This is no different than lighting a candle or burning incense to carry a prayer forward, suggested Staff Sgt. Damon Mancuso.

"When we convoyed in, we had been hearing all these stories about convoys being hit just across the border," Cooper said. "We e-mailed our loved ones and other Pagan groups, and all said they would perform a protection spell for us. The next day a horde of dragonflies flew over us."

Dragonflies are a symbol of good luck according to Cooper. And coincidentally, their convoy here went smoothly.

Generally, rituals are performed outdoors when

possible, at the new and full moons, and at eight Sabbat festivals that mark the progression of the seasons. Members practice rituals and rites, as well as celebrate the Sabbats.

The next scheduled festival, or Sabbat, on the Wheel of the Year is today. Pagans call it Samhain – pronounced 'sow'inn' – literally it means the end of the warm season. On the Pagan calendar, it marks the beginning of the year for most Pagans. It is known as the Feast of the Dead, All Soul's Eve or some may call this festival Halloween.

"The high holidays are just days that are of high significance, like Halloween (Samhain)," Mancuso said.

The Desert Moon Grove is throwing a celebration and Pagan Awareness party in building 4060, Bay 33 – that's across the street from Dining Facility 2 in the motor pool area. The festivities begin at 1 p.m. and include snacks, personalized astrology charts done by computer and a dry altar display to help expand one's understanding of the Pagan practice. A dry altar has all the elements of a functional altar, the difference is nothing will be lit. Typically a person's altar is sacred to the individual and no one else touches another's tools. Also, the grove plans to show movies until midnight: Stephen King's Rose Red, The Craft, Practical Magic and Mists of Avalon are scheduled.

This is the time to revere our ancestors and to say farewell to those who have passed this last year, Cooper said.



Tools of the trade include: The pentagram, a five-pointed star with the point upward; represents the elements spirit, water, air, earth and fire. The pentagram is a symbol of goodness and used for luck or protection.

Incense, candles, a mortar and pestle, herbs and ceremonial knives are part of the witches' tool kit.

The grove is a self-described eclectic group of Pagans in support of Operation Iraqi Freedom and can be contacted at DNV 529-6281. The goals of the group are: The worship of deities through freedom of religion; the protection of troops through the use of different paths; and the combined use of different paths to accomplish the same goals in mind.



Soldiers learn to compensate by firing in the proper stance while maintaining good sight alignment and sight picture.



Cadre pinpoint Soldiers who require assistance from the Beam Hit.



An instructor gives explicit directions to Soldiers of the 226th Medical Logistics Battalion during live-fire training conducted by the Marksmanship Training section, Headquarters and Headquarters Company, 81st Combat Brigade Team on LSA Anaconda.

Courtesy photos

Training with lasers develops confidence

By Pvt. Chelsea Mack
81st BCT Public Affairs

The 226th Medical Logistics Battalion is not a combat arms unit, but its mission takes them to undisclosed locations outside of LSA Anaconda, requiring live-fire training to keeps its Soldiers sharp.

The Marksmanship Training Section, part of Headquarters and Headquarters Company, 81st Brigade Combat Team here, recently trained the 226th Med. Log. Bn. troops for three days with a reflexive fire training exercise and a live-fire.

"Our Battalion Commander [Lt. Col. James Signiago] enjoyed the training we received in Kuwait," said Sgt. 1st Class Vandelyn Rice, NCOIC for the Operations section within the 226th Med. Log. Bn. "A (fragmentary) order was recently released saying that my battalion needed additional marksmanship training. I went looking for a unit that could replicate the training we had in Kuwait."

Master Sgt. John Hubbard, master gunner; Spc. Travis Williams, a sniper; and Spc. Tracy Gay, the marksmanship training officer for his police department in Washington state, began training the 226th Med. Log. Bn. Soldiers on reflexive firing.

"Reflexive firing is nothing more than responding to a command and firing at a target quickly and accurately," Williams said.

The initial training was rotational. Hubbard insisted every Soldier go through the reflexive fire training before qualifying in the live-fire exercise.

"We did the training in two-hour training blocks, twice a day for three days," Hubbard said. "This included going through the motions and commands that would be utilized in the live fire. Basically, the training blocks were what we call a talk-through, walk-through exercise; it was the classroom time of reflexive training."

To enhance the training, Hubbard and his crew implemented a training aid called Beam Hit, a laser on a stainless steel rod inserted into the muzzle of the rifle. The laser has a continuous beam, and when aimed at the Beam Hit target, the cadre was able to pinpoint Soldiers who needed additional training.

"The beam on the laser showed the movement of the rifle when being fired by an individual," Hubbard said. "We used this method to single out those individuals who were having problems. This is our high-tech version of the dime [and] washer technique from basic training."

The training atmosphere was very relaxed and stress-free.

"I remember going through ranges that were rushed and stressful," Williams said.

"Everyone was yelling and the Soldiers felt anxious. I tried to be nice to them so they would trust me and let me show them techniques they might not have known."

The 226th Med. Log. Bn. Soldiers responded well to this method of training.

"I thought the cadre were very knowledgeable, helpful and personable," Rice said. "My Soldiers felt very comfortable. My Soldiers could actually learn without feeling intimidated."

Once everyone had rotated through the training period, they moved on to the live-fire exercise. Nine Soldiers would fire at a time, and each rotation lasted about 15 minutes, making it a very fast course of fire, according to Hubbard.

Each day, Hubbard introduced the course by explaining the best way to shoot.

"The length of the muzzle and the awkwardness of

the body armor, which the Soldiers had to wear, can often be a problem," Hubbard said. "I explained how to compensate by firing in the proper stance, but also how to maintain good sight alignment and sight picture while shooting."

Each Soldier was given 18 rounds to zero their weapons, and then 20 rounds to qualify.

"To qualify on the range, they had to get 16 of the 20 rounds in the kill zone, plus they had to get all 20 rounds on the target," Williams said.

The calm and informal atmosphere created by the cadre enabled the 226th Med. Log. Bn. Soldiers to implement the training they received.

"Some of my Soldiers who had problems zeroing in the past were able to zero this time," Rice said.

The 226th Med. Log. Bn. Soldiers often venture outside the wire delivering medical supplies throughout the theater.

"If you order a Band-Aid, they get it and deliver it to you," Hubbard said. "They have all the medical equipment. It's their job to get it to the medics, the companies,

and the CSH (Combat Support Hospital)."

The 226th Med. Log. Bn. Soldiers have to go to many different locations, keeping themselves well-trained and updated is essential.

"They spend a lot of time on the road," Williams said. "Marksmanship is a big deal."

"For us, we gained marksmanship knowledge," Rice said. "We had a great time and really learned a lot. The training was fun and relaxed. The cadre (Marksmanship Training Section) provided a service that will be utilized, something we really appreciate."



The Beam Hit laser kit.

Malaria pills are safe in prescription dosage

By Sgt. Ann Venturato
Assistant editor

The Army requires that deployed Soldiers take a prescribed malarial prophylaxis. When taken as directed, these medications are safe.

The proper dose for Soldiers is either one tablet of chloroquine once a week or a tablet of doxycycline once a day depending on what medication the Soldier was prescribed, said 1st Lt. Jason Strickland, registered nurse, 118th Headquarters Support Company.

When Soldiers attend a malaria briefing at the troop medical clinic, they are told about "Malaria Monday," which is to remind them to take their malaria pill every Monday. This way Soldiers remember to take their malaria medication on the same day every week.

The prescribed dose of chloroquine is enough to keep Soldiers protected from malaria. It is also such a small amount that a Soldier would have to be taking more than the prescribed amount for the drug to be lethal.

"With chloroquine, a toxic dose could be as little as two and a half grams which would be about eight pills and a lethal dose could be three to four grams which would be about 10 to 13 pills," said Lt. Col. Cynthia Moriarty, preventive medicine officer, 118th Area Support Medical Battalion.

The medication doesn't work any better if you take more than one tablet, Moriarty said.

As long as individuals are not taking high amounts of chloroquine for a long period of time, there isn't a real danger

of an overdose.

Chloroquine has been protecting Soldiers from the disease since the 1930's and is very safe according to the Food and Drug Administration.

The medication does not prevent malarial infection. It merely prevents Soldiers from experiencing the symptoms of malaria. Once a Soldier stops taking the medication, symptoms can develop

Malaria symptoms Soldiers should look out for are fever, chills, sweats and general feeling malaise. If Soldiers are experiencing any of the symptoms they should seek professional medical aid.

There has been one Soldier here who went to the TMC and found out he had contracted malaria, Moriarty said. That Soldier also wasn't taking his malaria medication as prescribed.



Photo by Sgt. Ann Venturato
When taken as prescribed, chloroquine is safe. Soldiers should not take more than the prescribed dosage.



Photo by Spc. Leah R. Burton

1st Lt. Jason Strickland, a registered nurse from the 118th Headquarters Support Company, hands a patient her newly refilled bottle of chloroquine at the Troop Medical Clinic pharmacy. The business hours for all prescription refills are from 1:30 p.m. to 3 p.m. Monday through Friday.



Photo by Spc. Leah R. Burton

Strickland counts out the correct amount of chloroquine pills for a patient's refill.

Question of the Week

What was the silliest Halloween costume you ever wore?



1st Lt. Tina Howell
332nd Air Expeditionary Wing

"I was dressed up as a bag of jelly beans, and I had different color balloons blown up all over my body."



Sgt. Richard Jung
502nd Military Intelligence Battalion

"The stupidest costume I ever wore was BDUs. I went [trick or treating] as GI Joe."



Spc. Juan Trevino
1st Battalion, 23rd Infantry

"My mom dressed me up like a little werewolf when I was a kid. It sucked. All the kids laughed at me."



Sgt. Scott Burton
302nd Transportation Company

"I wore a vampire costume to an elementary school dance."



Mark Fricks
KBR

"I went as Aunt Jemima, the lady on the syrup bottle."

MWR Complex Schedule

Dominos

Come to the MWR tent for a exciting domino tournaments today, 8 a.m., 2 p.m. and 8 p.m. Friday.

Pool

8-ball tournaments will be held at 8 a.m., 2 p.m. and 8 p.m. Tuesday. 9-ball tournaments will be held 8 a.m., 2 p.m. and 8 p.m. Thursday.

Spades

Spades tournaments are scheduled for 2 p.m. and 8 p.m. today.

Table Tennis

Table Tennis tournaments will be held 8 a.m., 2 p.m. and 8 p.m. Wednesday.

Music

The MWR Sport Lounge features different types of music each night Monday through Saturday 8 p.m. to midnight.

Mondays -- Jazz and old school
Tuesdays -- Rock
Wednesdays -- Country
Thursdays -- Tejano and Hispanic
Fridays -- R&B
Saturdays -- Salsa and Latino

Halloween party

Come join the MWR in celebrating Halloween today.

LSA Anaconda Fitness Center

Judo

The LSA Anaconda Fitness Center has Judo classes 8:30 p.m. today, Monday, Wednesday and Saturday.

Aerobics

There will be an aerobics class Monday through Saturday at 6 p.m. Staff Sgt. Adrian B. Woodson teaches classes on Tuesday, Thursday and Saturday.

Basketball tournament

Basketball tournament play is 6 p.m. to 9 p.m. Tuesday and Thursday.

Karate

Karate classes will be held Monday through Friday, 7 a.m. to 8 a.m.

Capoeira

Capoeira is scheduled for 6 p.m. every Sunday and Thursday and 7:15 p.m. on Wednesdays.

Russ Lee, essence of faith

By Brian Smith
Turning Point Media

There's something that happens when you come to understand the grace of God. For Russ Lee, it means wanting to live your whole life passionately, with urgency and compassion.

The result is *The Second Mile*, Russ Lee's first offering on Christian Records. *The Second Mile* not only rocks with songs like "New Kind of Love," but it also declares the real essence of faith in songs like "We Belong to Christ," "Love Is A Cross" and "How Can I Help but Sing." Russ Lee is a real singer who's as comfortable in the confines of the recording studio as he is on stage at the largest of venues. *The Second Mile* is creatively compelling, authentic, and true to Russ Lee's musical influences.

"I really wanted to push the envelope," Russ said. "I wanted to make it more interesting to the people who heard the last record, and make it sound like a fireworks show to those who didn't."

If you can imagine mixing southern rock, soul and seventies rock influences and the acoustic Pop Rock culture with Al Green and Tina Turner and then pouring Jesus all over it, you'll have a pretty good idea what *The Second Mile* sounds like."

As a lead singer Russ Lee has garnered eleven number one songs, three Dove Award Nominations, and two Songwriter of the Year awards (Nashville Songwriter Association and American Songwriter Magazine).

The Second Mile showcases Russ' strengths as a writer and guitar player.

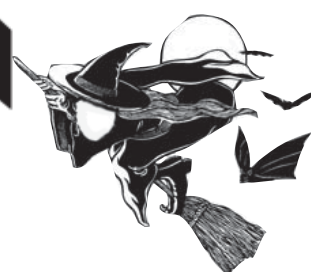
His voice is gritty and reminiscent of everything Philly and Charleston Southern R&B.



Contemporary Christian artist, Russ Lee, will be at the Sustainer Indoor Theater Nov. 7, 7 p.m.



DESERT MOON GROVE



is hosting a Halloween celebration today
in building 4060, Bay 33 at 1 p.m. to midnight

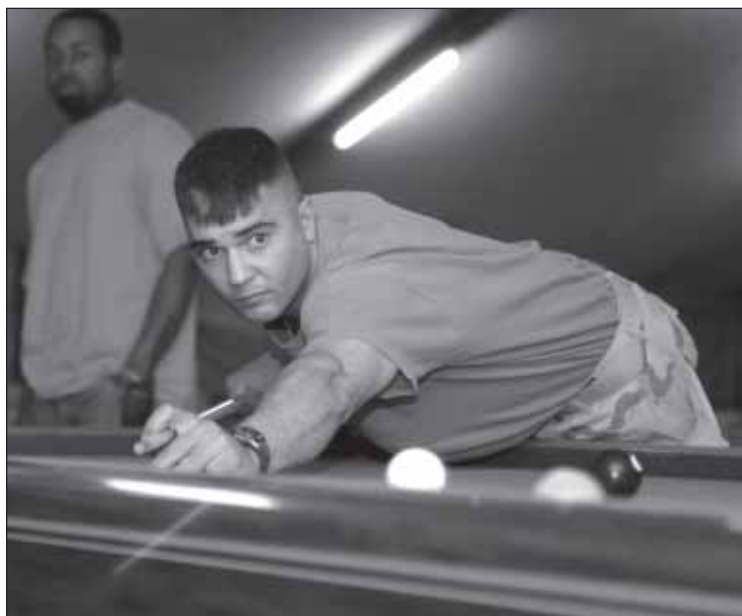


An eclectic pagan religious group of Soldiers meet nightly for coffee and conversation after 5 p.m. in building 4060, Bay 30.

There will be snacks, astrology charts and Pagan fellowship. Get to know someone of a different religious preference. Contact Sgt. Eric Cooper at DNV 529-6281 or e-mail medicyne_eagle@yahoo.com for more information.



Uriel Gastelum, 299th Forward Support Battalion, takes aim on the 9 ball to win a game during early round competition in the tournament.



Jason Trefil, 701st Main Support Battalion, placed second in the tournament. The 9-ball Tournament Oct. 24 was the first tournament he had ever played in and attributed his high ranking to a combination of skill and being underestimated.



Lorena Lewis, 299th Forward Support Battalion, watches her shot at the 4 ball as it nudges it into the corner pocket.

Shooting down all competition

Local favorite goes against tough competition from visiting service members, wins his first 9-ball tourney

By Pfc. Abel Trevino
Staff writer

After the first round, all the favorites were in the loser's bracket — all except for one — James Wilson the winner of the double-elimination 9-Ball Tournament Oct. 24.

Thirty-six players showed up for the tournament, including local favorite Charles Hicks, who was sent to the loser's bracket by Reymond Duno. Hicks was later eliminated from the game by Royce Baker, a player with Headquarters and Headquarters Battery, 1st Infantry Division from Forward Operating Base Duvrati.

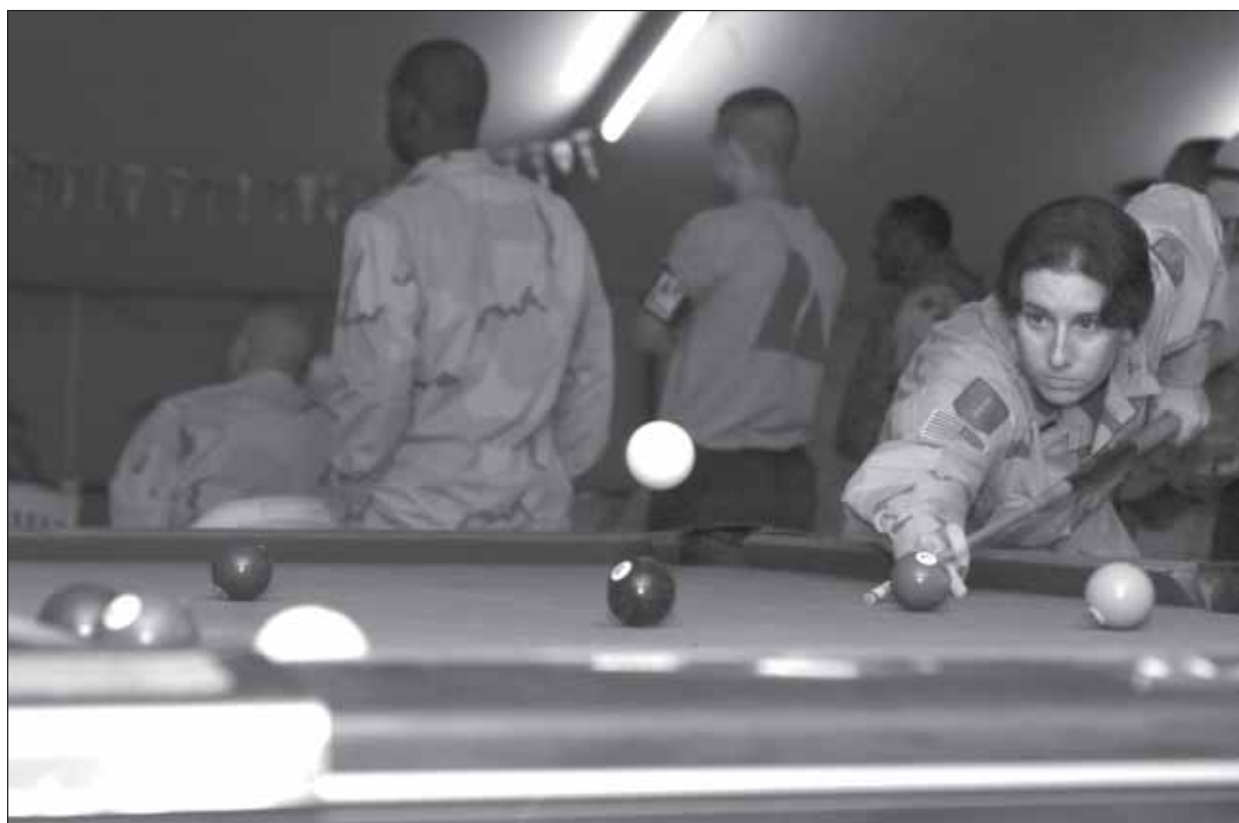
"I've been playing since I was seven and I played a lot during college," Baker said. "It's nice to play again, we don't have pool tables at our [camp]."

Despite his calculating and patient shooting, Baker slipped from the winners bracket to the loser's bracket, where he dominated until he met up with Wilson, a heavy wheel mechanic with the 302nd Transportation Company.

Wilson is a regular shooter at the Morale, Welfare and Recreation center pool tables. He's played in four separate tournaments but has won none.

"Hopefully, I'll win," Wilson said. "I spend a lot of hours practicing so I can win at least one tournament before I go home."

Wilson hopes to be home by January. He doesn't have any plans to pursue a billiards career but mainly plays for fun. Earlier in the tournament, he viewed Jason Pompas — a career shooter with 29th Signal Battalion — as the man to worry about.



Theresa Haynes, 299th Forward Support Battalion, jumps the cue ball over the 8 ball for a three-ball combination jump and a win during the double-elimination 9-ball Tournament Oct. 24.

Photos by Pfc. Abel Trevino

Pompas started slow during the tournament; moving to the loser's bracket in the first round. It didn't take him long to find his method, and he won back-to-back sets 2-0.

"I resort to playing tournaments [here] to keep my skills up," Pompas said. "Tonight, it's tough. I lost my first match and I'm going to have to fight hard, and hopefully I'll come out the winner."

Pompas played another local favorite, James Thomason, 81st Brigade Combat Team, and lost in the third game of the set. Thomason was taken out by Wilson, who had to play Baker for the loser's bracket title.

The three game set between Baker and Wilson started with a strong run by Wilson for the first set, and a battle that pinned the cue ball and the 9 ball on

opposite sides of the table for several rounds, but in the end was won by Baker. In the third game of the set, Wilson won on a 1-to-9 ball combination, winning the loser's bracket spot in the championship match.

Jason Trefil, 701st Main Support Battalion, was undefeated as he went into the championship game. Trefil, a heavy equipment transport driver, has been here since last Monday waiting for repairs to his vehicle. While he waited for his vehicle, he found the MWR tent and made a nightly trip to shoot pool. His entry into the tournament was at the last minute. Despite his skills as a player, he managed to fly under the radar and was the underdog for the championship.

"My strategy through everybody's games was to watch and wait for them to

slip up and then take control," Trefil said. "Everybody I've come across [tonight] hasn't been expecting [me]. Nobody here knows me; nobody here has heard of me."

Despite his position in the loser's bracket, Wilson was still the crowd favorite. Wilson said all he needed to do was concentrate harder and he could win. Also, in order to win the tournament, Wilson would have to defeat Trefil in two sets. Trefil only had to win one set.

Wilson won the first set with massive drives and minimal errors, not giving Trefil a chance to capitalize on his mistakes. In the second set, Trefil sat back and watched, taking advantage of the table after Wilson's error on the 9 ball, allowing him to score. After Trefil's break in the second game, Wilson fought hard and ran the table in one drive.

Third game of the second set of the tournament and everything on the line. Wilson had a solid break, but it came down to a battle between the two players. Both of them made small mistakes and the balls were slow to pocket. The tournament ended just as quiet, with a simple straight shot on the 9 ball, giving Wilson his first tournament win.

"I finally won a tournament," Wilson said with an ear-to-ear smile. "I finally won a tournament."

Trefil wasn't upset at his loss, but accepted it since he only came to play for fun and to cure boredom.

"I don't let losing games get to me," Trefil said. "He's a real good player."

Billiards tournaments are scheduled bi-monthly. For more information, contact the MWR recreation center.



Photos by Spc. Steven J. Schneider

A Special Troops Battalion Soldier fires numerous rounds down range through thick dust and smoke during a convoy live-fire range conducted to simulate combat scenerios Oct. 20.

Convoy live-fire helps keep Soldiers ready

By Spc. Steven J. Schneider
Staff writer

About 60 Special Troops Battalion Soldiers, 13th COSCOM, spent part of their day Oct. 20 training to be better prepared for convoy operations with a live-fire exercise here.

The small-arms exercise mixed varying scenarios to give the troops as much of a lifelike experience as possible. Soldiers fired M-9 pistol, M-16A2 Rifles and M-249 Squad Automatic Weapons.

"I want the Soldiers to walk away with confidence in their weapons systems and themselves," said Capt. Kevin McPherson, 21st Replacement Company commander.

The scenarios ranged from taking sniper fire to returning fire in crowded areas. Injuries and deaths were simulated, and Soldiers practiced their first aid and reaction skills.

Although safety was still the most important issue at the range, the safeties tried to make it more realistic, allowing Soldiers to fix all weapons malfunctions on the spot.

"Training like this gives us a chance to just react and do it without thinking," said Sgt.



A Soldier reloads his weapon during the live-fire range where Soldiers practiced fire discipline, allowing everyone on the range enough ammunition to engage the enemy.

Carlee Zacharewski, a Soldier who had to apply SPORTS to fix a weapon's malfunction.

She said they learned what it's like to be hands on, and that's the type of training that's going to prepare Soldiers for when they're in a combat environment.

With the type of mission the 21st Replacement Co. does, they will be able to apply the training, said Cpl. Angel L. Torres Jr., armorer.

Torres said his unit goes on missions as KBR shooters.

"I think it's pretty realistic other than we're not moving," he said. "It's going to be different because every situation is different, but at least now, I'll have something to go off of."

The two Humvees Soldiers used for the exercise were stationary as radio messages were passed back and forth between team leaders and a safety, simulating a convoy



A Soldier scans her lane at the range and prepares to engage the next target. Soldiers went through different scenerios, ranging from sniper fire to distungiuishing between the enemy and civilians in a combat environment. About 60 Special Troops Battalion Soldiers attended the training.

commander Soldiers would then react to fire, and engage targets while trying to avoid civilian casualties.

"It's better than knowing a target's in front of you and just

firing," Torres said. "It's more realistic."

The training is designed to help everyone be as prepared as possible on convoys, McPherson said.